

ANATROLE

Anastrozole Film-coated Tablet 1 mg



What is in this leaflet

Please read this leaflet carefully before you start taking Anatrole.

This leaflet answers some common questions about Anatrole.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking Anatrole against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine. You may need to read it again.

What Anatrole is used for

Anatrole is used to treat breast cancer in women who no longer have their menstrual periods. It does not kill cancer cells but rather it stops or slows their growth.

Anatrole contains the active ingredient anastrozole, which belongs to a group of medicines called non-steroidal aromatase inhibitors.

It works by reducing the amount of oestrogen (female sex hormone) made by the body. In some types of breast cancer, oestrogen can help the cancer cells grow. By blocking oestrogen, Anatrole may slow or stop the growth of the cancer.

Your doctor may have prescribed this medicine for another reason.

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

This medicine is available only with a doctor's prescription.

Before you take Anatrole

When you must not take it

Do not take Anatrole if you have an allergy to:

- any medicine containing anastrozole
- any of the ingredients listed at the end of this leaflet
- any other anti-oestrogen medicines.

Some of the symptoms of an allergic reaction may include: shortness of breath; wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Do not take this medicine if you are pregnant.

It may affect your developing baby if you take it during pregnancy.

Do not breastfeed if you are taking this medicine.

The active ingredient in Anatrole passes into breast milk and there is a possibility that your baby may be affected.

Do not take Anatrole if you are still having menstrual periods.

Do not take Anatrole if you are a man.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

Before you start to take it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you have or have had any of the following medical conditions:

- heart problems
- liver problems
- kidney problems
- osteoporosis, a family history of osteoporosis, or risk factors for developing osteoporosis (such as smoking, a diet low in calcium, poor mobility, a slight build or treatment with steroid medicines).

Aromatase inhibitors may decrease bone mineral density (BMD) in women who have been through menopause, with a possible increased risk of fractures. Your doctor should discuss with you your treatment options for managing this possible increased risk of fractures.

If you have not told your doctor about any of the above, tell them before you start taking Anatrole.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including medicines that you buy without a prescription from your pharmacy, supermarket or health food shop.

You should also tell any health professional who is prescribing a

new medication for you that you are taking Anatrole.

Some medicines should not be taken with Anatrole. These include:

- tamoxifen, a medicine used to treat breast cancer
- any medicine that contains oestrogen, such as medicines used in Hormone Replacement Therapy (HRT) or oral contraceptives
- any health food products that contain natural oestrogens used for post-menopausal symptoms
- medicines from a class called Luteinising Hormone Releasing Hormone (LHRH) agonists, such as goserelin or leuporelin
- any health food products that contain natural oestrogens used for post-menopausal symptoms.

These medicines may be affected by Anatrole or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to take Anatrole

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the box, ask your doctor or pharmacist for help.

How much to take

The usual dose is one tablet every day.

How to take it

Swallow the tablet whole with a glass of water.

When to take it

Take your Anatrole at about the same time each day.

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

It does not matter if you take this medicine before or after food.

How long to take it

Continue taking Anatrole for as long as your doctor tells you.

This medicine helps to control your condition but does not cure it. It is important to keep taking it even if you feel well.

If you forget to take it

If it is less than 12 hours before your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for the dose that you missed.

This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

While you are taking Anatrole

Things you must do

If you are about to be started on any new medicine, tell your doctor and pharmacist that you are taking Anatrole.

Tell any other doctors, dentists, and pharmacists who treat you that you are taking this medicine.

If you go into hospital, please let the medical staff know that you are taking Anatrole.

Keep all of your doctor's appointments so that your progress can be checked.

Your doctor may do some blood and urine tests from time to time to make sure the medicine is working and to detect and prevent unwanted side effects.

Things you must not do

Do not take Anatrole to treat any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

Do not stop taking Anatrole without checking with your doctor.

Things to be careful of

Be careful driving or operating machinery until you know how Anatrole affects you.

This medicine may cause weakness and sleepiness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

In case of overdose

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Centre (telephone 0800 POISON or 0800 764 766) or go to accident and emergency at your nearest hospital, if you think that you or anyone else may have taken too much Anatrole. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Anatrole.

This medicine helps most post-menopausal women with breast cancer, but it may have unwanted side effects in a few people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- hot flushes
- feeling weak or lack of energy
- feeling sleepy
- joint pain, swelling or stiffness
- bone loss (osteoporosis)
- inflammation of the joints (arthritis)
- bone pain
- muscle pain
- vaginal dryness
- vaginal bleeding (usually in the first few weeks of treatment)
- thinning of the hair (hair loss)
- mild skin rash
- feeling sick (nausea)
- vomiting
- diarrhoea
- headache
- depression
- loss of appetite (anorexia)
- carpal tunnel syndrome (tingling, pain, coldness, weakness in parts of hand)
- pins and needles
- loss of taste or changing taste of food or drink.

The above list includes the more common side effects of your medicine. Mostly these are mild to moderate in nature.

Uncommon side effects can include trigger finger, which is a condition in which one of your fingers or your thumb catches in a bent position.

If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- sudden signs of allergy, such as shortness of breath, wheezing or difficulty in breathing;

swelling of the face, lips, tongue or any other parts of the body; rash, itching or hives on the skin

- severe skin reactions with lesions, ulcers or blisters
- liver pain or swelling and/or a general feeling of being unwell, with or without yellowing of the skin and eyes (jaundice).

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are uncommon or rare.

Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

Other side effects not listed above may also occur in some people. Tell your doctor if you notice any other effects.

Some of these side effects (for example changes in calcium and cholesterol levels) can only be found when your doctor does tests from time to time to check your progress.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

After taking Anatrole

Storage

Keep your tablets in the pack until it is time to take them.

If you take the tablets out of the pack they may not keep well.

Keep your tablets in a cool dry place where the temperature stays below 25°C.

Do not store Anatrole or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product description

What it looks like

Anatrole is a round, white, biconvex film-coated tablet with the markings "ANA" and "1" on one side.

It is available in blister packs of 30 tablets.

Ingredients

Active ingredient:

Anatrole contains 1 mg of anastrozole as the active ingredient.

Inactive ingredients:

Anatrole also contains:

- Lactose monohydrate
- Sodium starch glycollate
- Povidone
- Magnesium stearate
- Macrogol
- Hypromellose
- Titanium dioxide.

Contains lactose.

If you want to know more

Should you have any questions regarding this product, please contact your pharmacist or doctor.

Who supplies this medicine

Anatrole is supplied in New Zealand by:

Viatrix Ltd,
PO Box 11183,
Ellerslie,
AUCKLAND
www.viatrix.co.nz
Telephone 0800 168 169

Date of Preparation

3 June 2025

(Based on datasheet dated 3 June
2025)